

2Coleslaw, Noncreamy¹⁰

Number of Servings: 10 (63.26 g per serving)

Amount	Measure	Ingredient
4 3/4	cup	Cabbage, fresh, shredded
2/3	cup	Carrots, fresh, grated
9 1/2	Tbs	Salad Dressing, Italian, fat free
6.00	Tbs	Juice, pineapple, unswtnd, w/o add vit C, cnd

Nutrients per serving

Nutrition Facts		
Serving Size (63g)		
Servings Per Container		
Amount Per Serving		
Calories 20	Calories from Fat 0	
		% Daily Value*
Total Fat 0g		0%
Saturated Fat 0g		0%
Trans Fat 0g		
Cholesterol 0mg		0%
Sodium 160mg		7%
Total Carbohydrate 5g		2%
Dietary Fiber 1g		4%
Sugars 3g		
Protein 1g		
Vitamin A 25% • Vitamin C 20%		
Calcium 2% • Iron 2%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:		
	Calories	2,000 2,500
Total Fat	Less Than	65g 80g
Saturated Fat	Less Than	20g 25g
Cholesterol	Less Than	300mg 300 mg
Sodium	Less Than	2,400mg 2,400mg
Total Carbohydrate		300g 375g
Dietary Fiber		25g 30g
Calories per gram:		
Fat 9 • Carbohydrate 4 • Protein 4		

Instructions

Shred cabbage and carrots and combine with Fat Free Italian Salad Dressing. Refrigerate to 40 degrees or below. MAY WANT TO PREPARE DAY BEFORE AND REFRIGERATE.

1 serving = 1/2 c = #8 scoop = 1 vegetable serving

1 serving = 0 CS

Notes

1# raw cabbage = ~ 4 c. shredded cabbage.